

**Jim Leftwich**  
**Vispo 2015**  
**Ongoing Research**  
**Volume 11**



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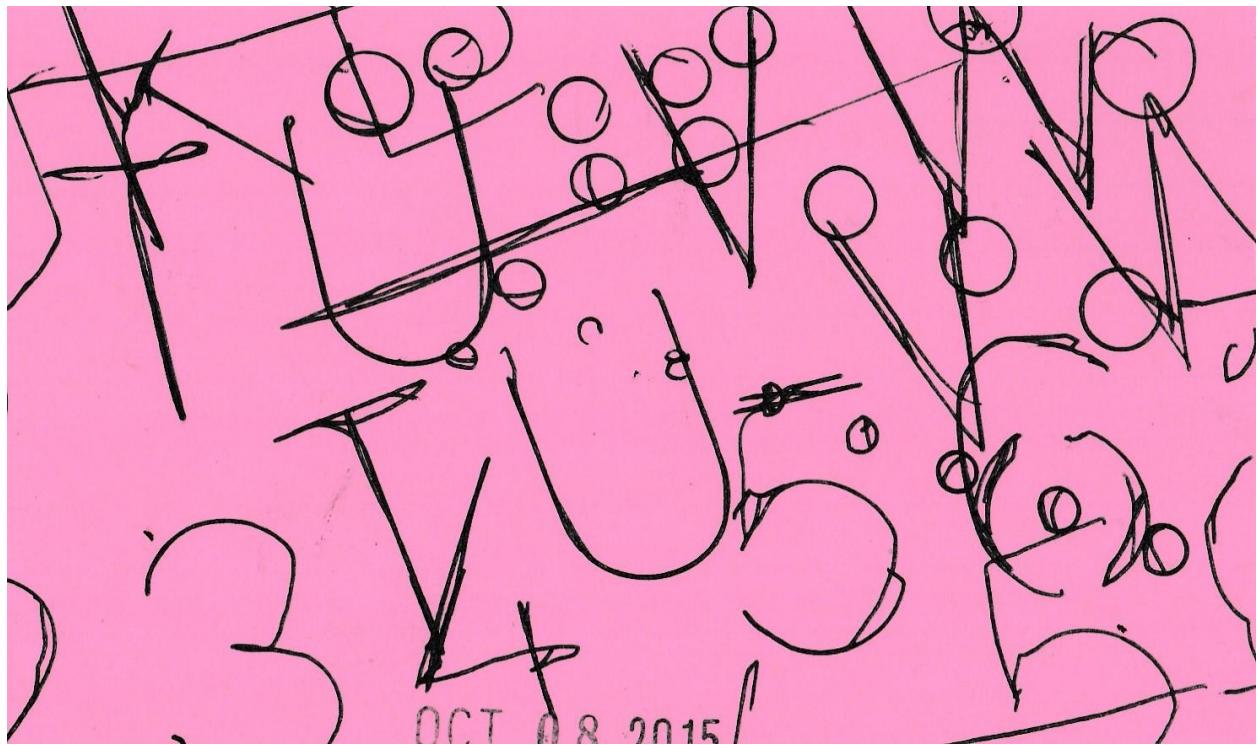
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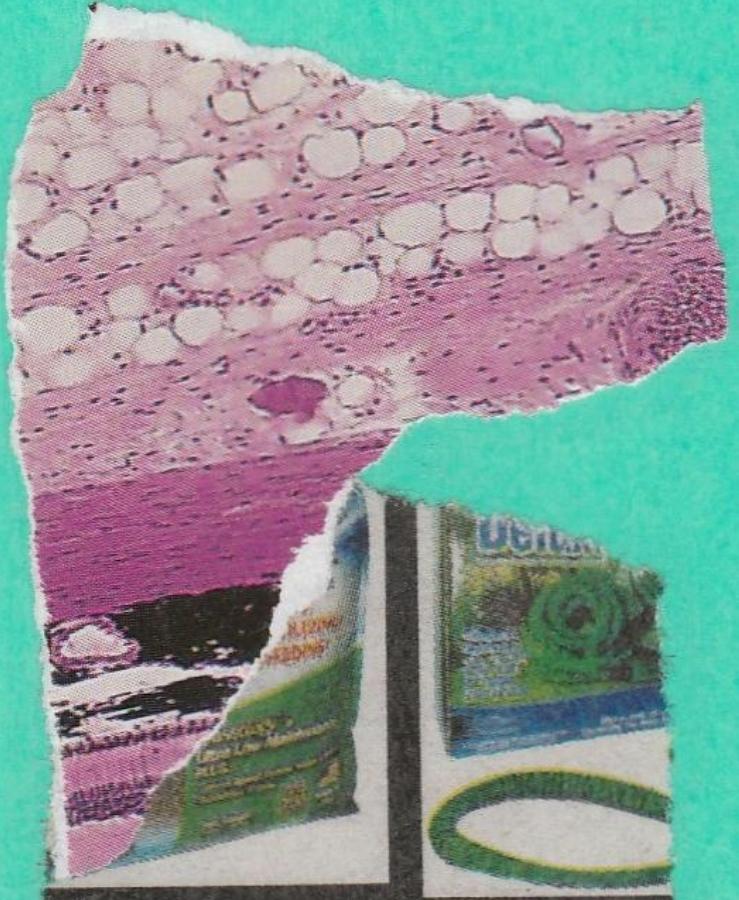
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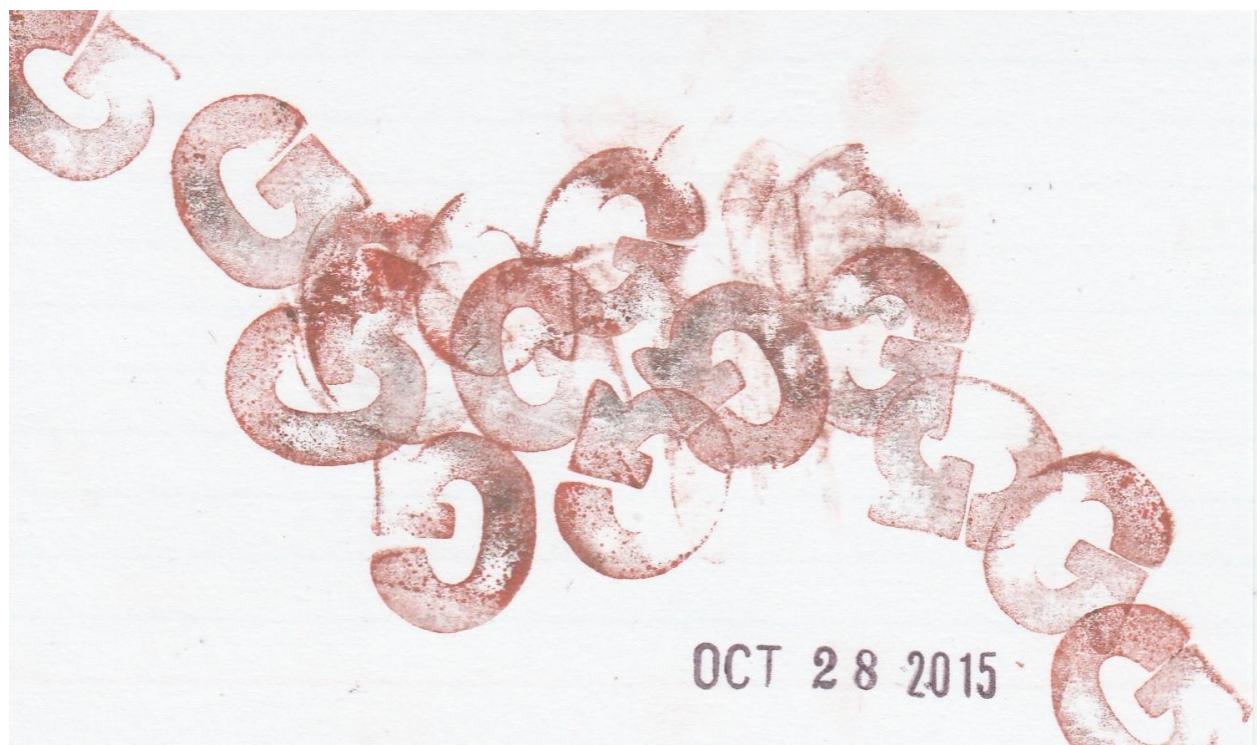
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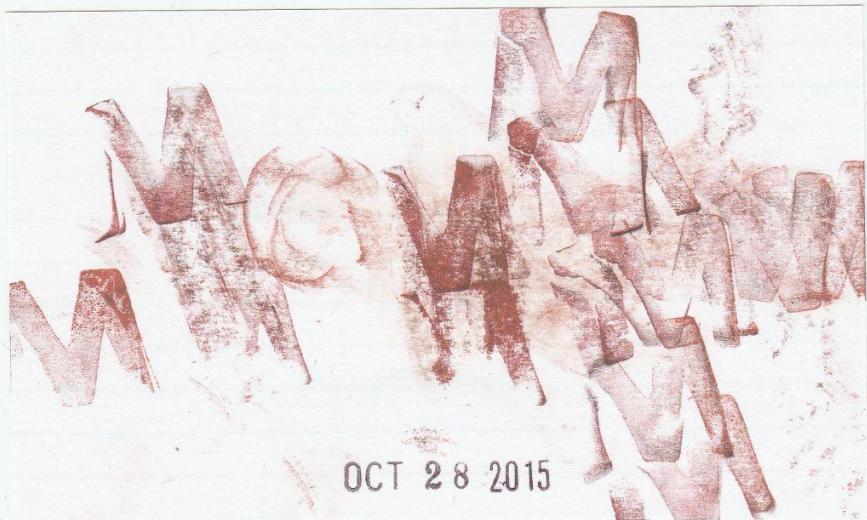








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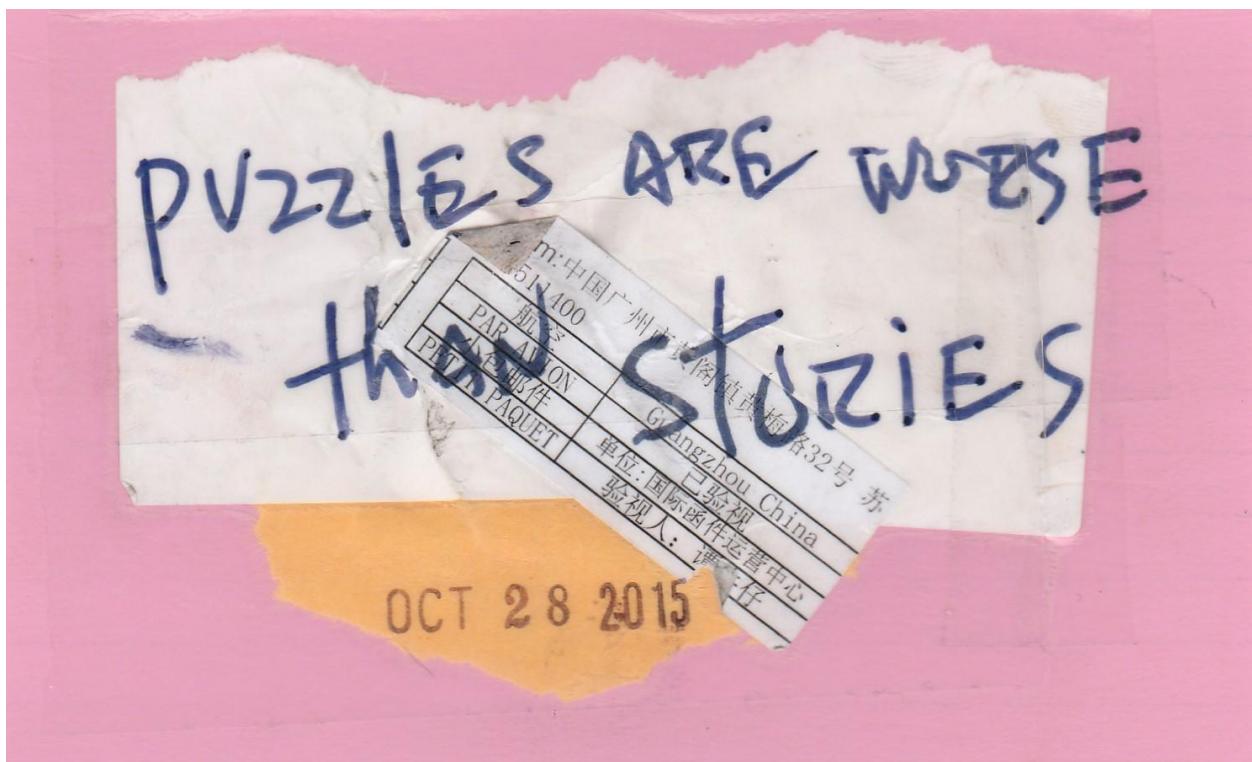
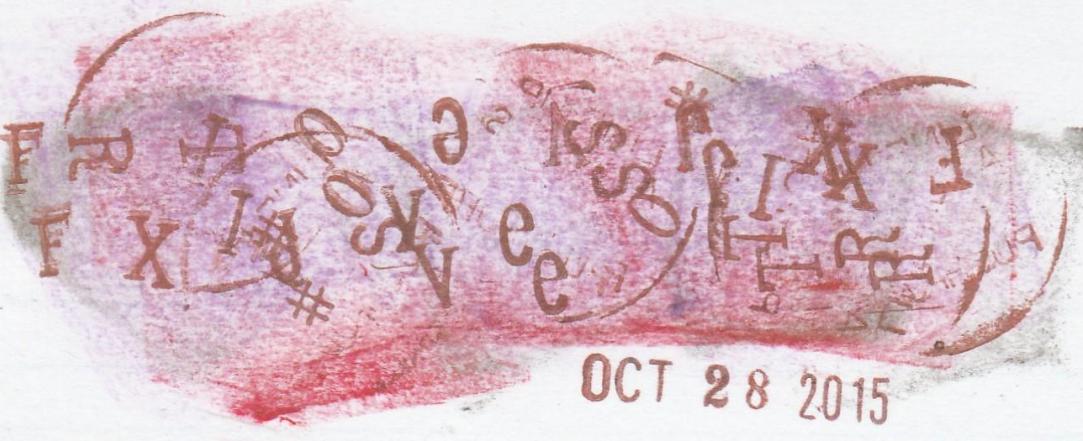




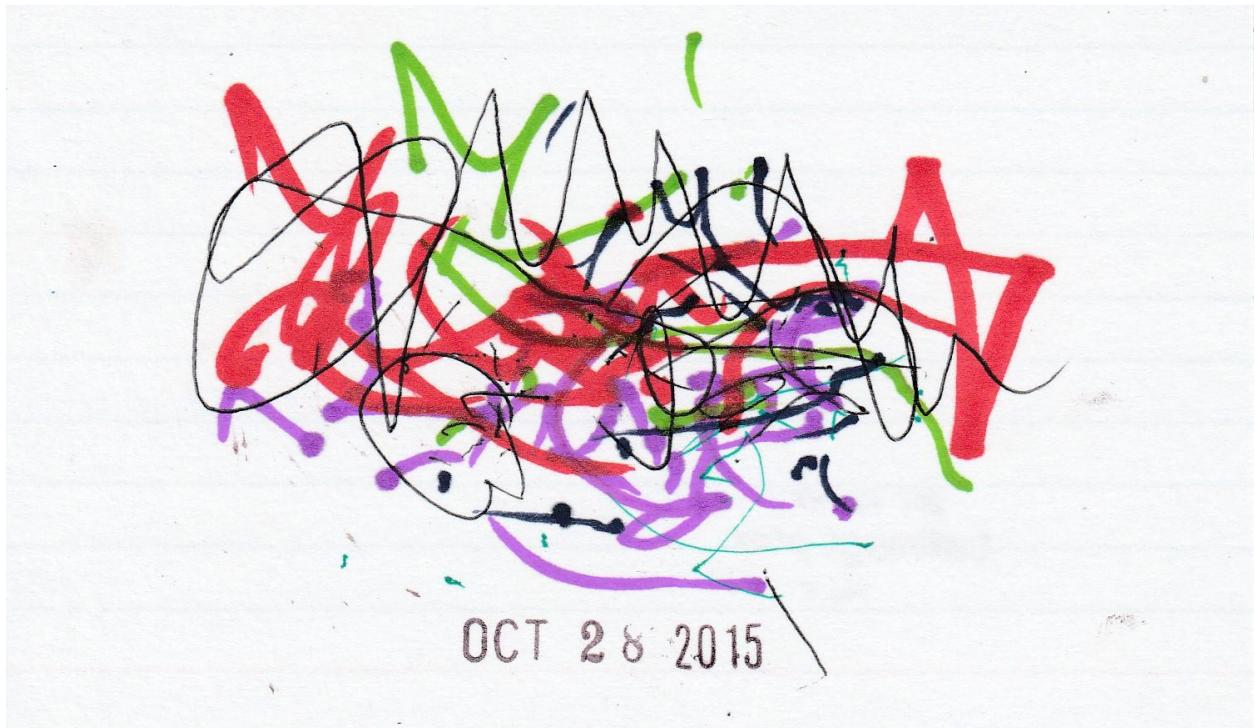
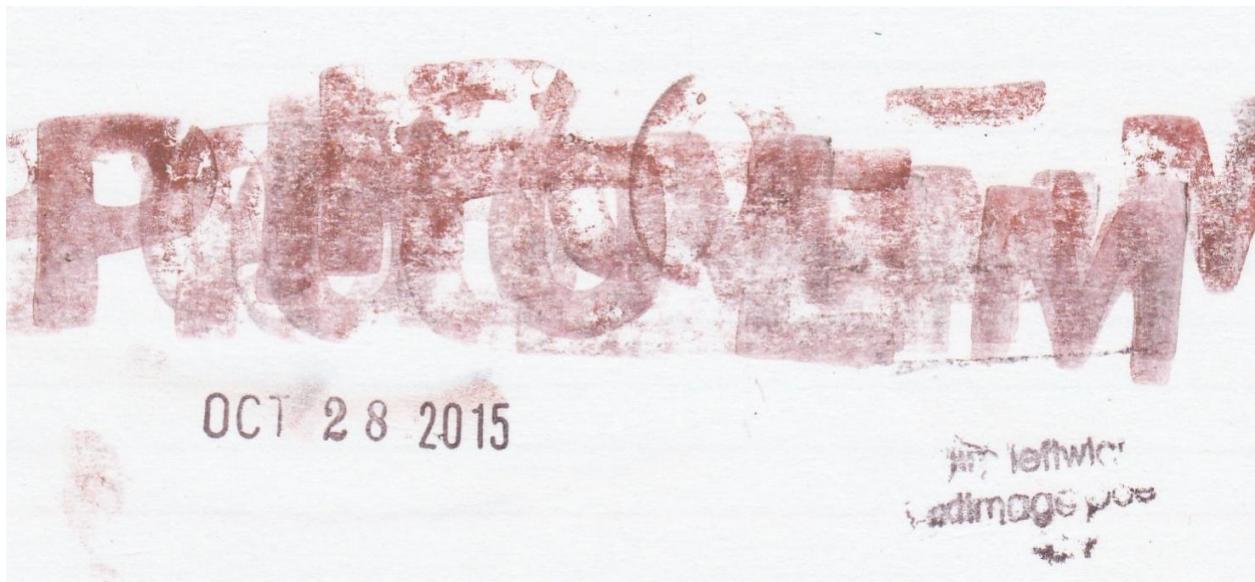


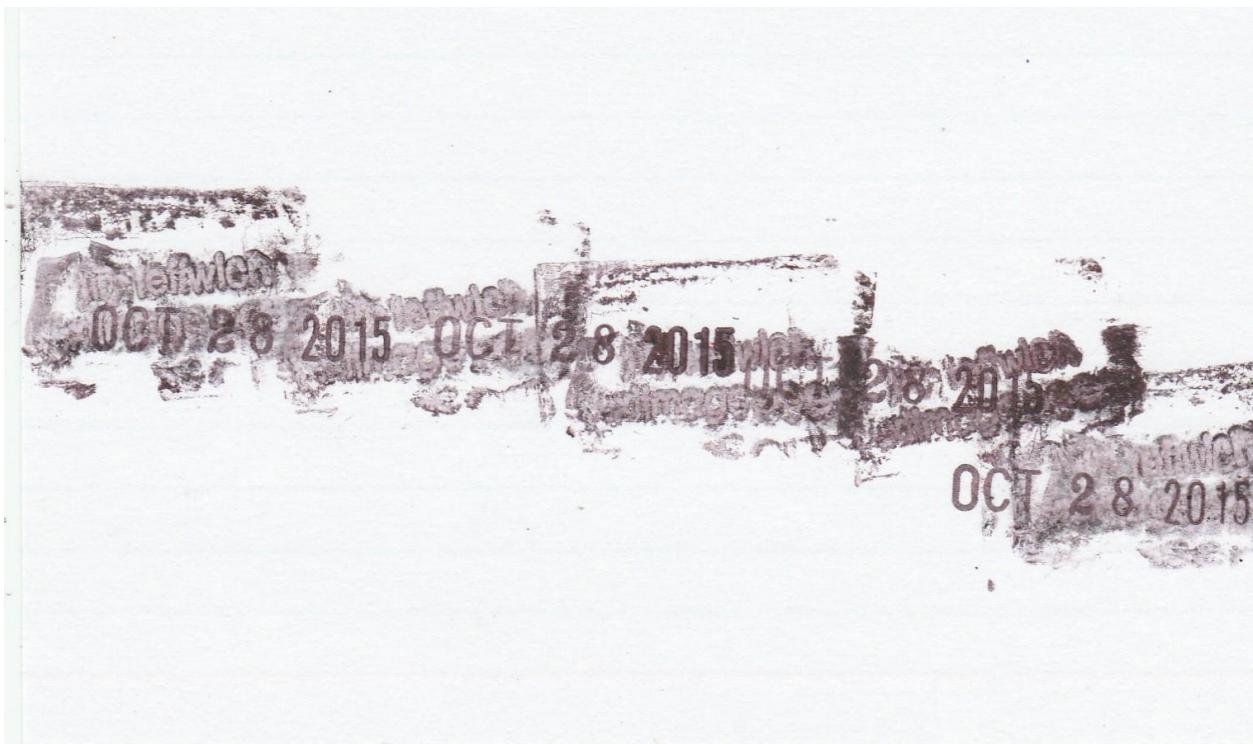
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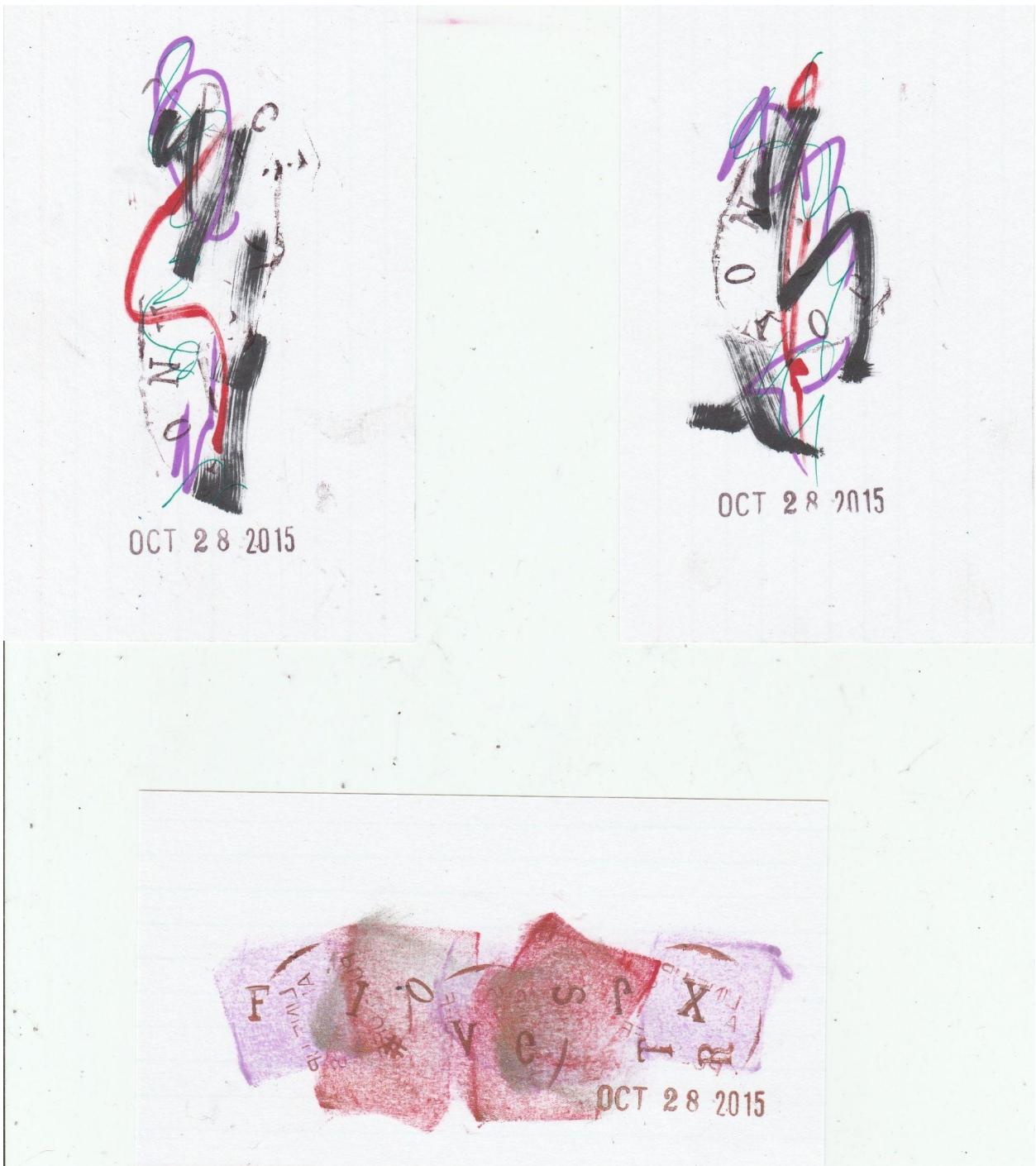












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## BEST-SELLING BOOKS AND PLANS

Great Gift Ideas!

2015  
books

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### MEALS IN A JAR

*Meals in a jar* provides the step-by-step, detailed instructions needed to create all-natural breakfast, lunch and dinner options that you can keep on a shelf and enjoy at any time. These scrumptious recipes allow even the most inexperienced chefs to serve gourmet meals in a jar.

Perfect for the modern canning and preserving generations,

it proves that just because food is easy-to-store and long-

term doesn't mean it can't be delicious and nutritious.

\$15.95

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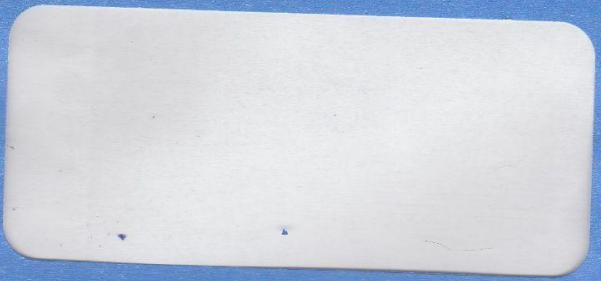
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Oct. 17 and ends Nov. 6, 2015**

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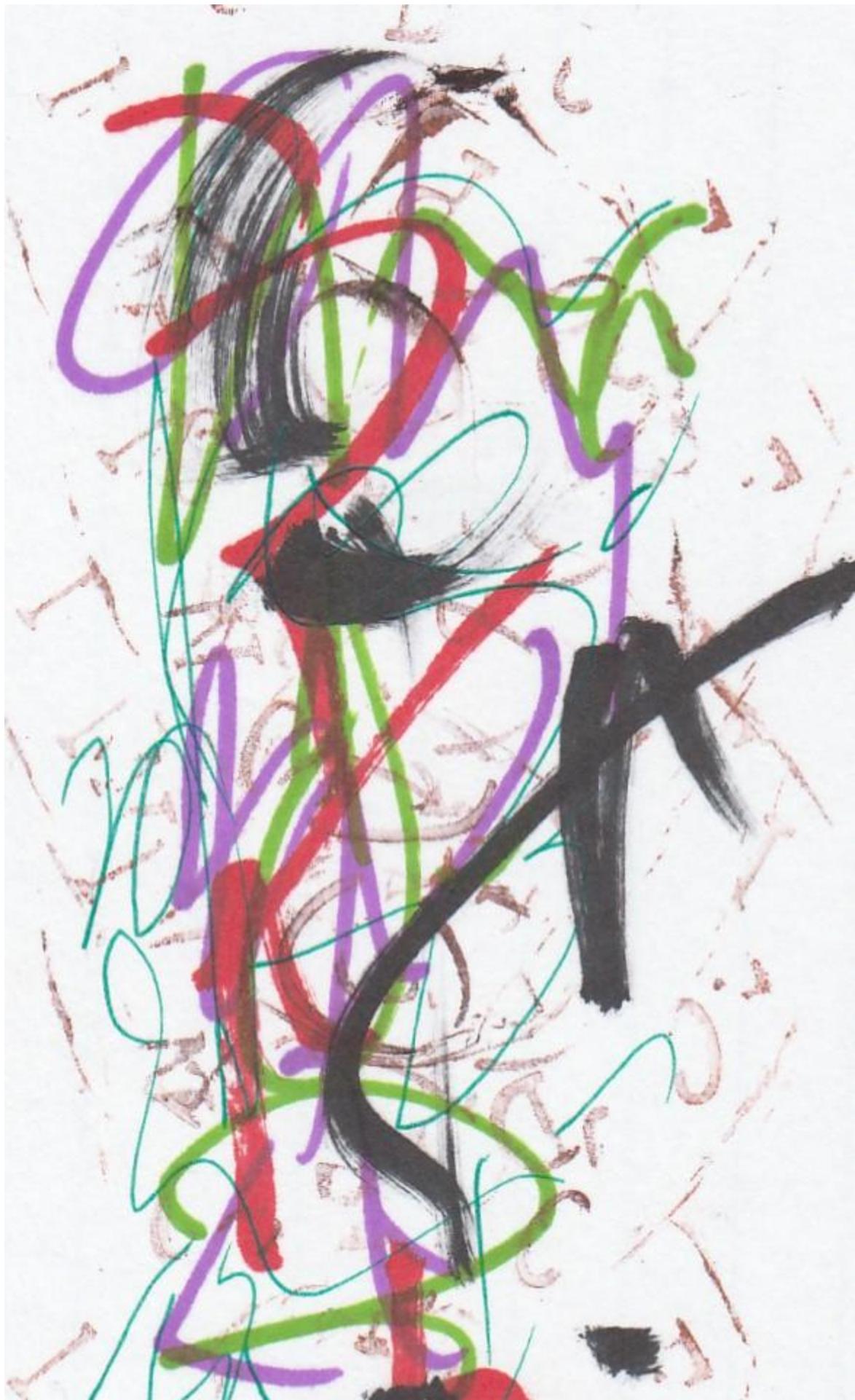
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**Annual enrollment begins  
Oct. 17 and ends Nov. 6, 2015**



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# BEST-SELLING BOOKS AND PLANS

Great Gift Ideas!



## THE GLUTEN-FREE GOURMET BAKES BREAD

From her own experience, author Beth Hensperger knows that many people can't eat wheat or gluten because it makes them feel bad. She has developed dozens of great recipes. Her book is filled with tips and cooking with gluten-free and gluten-free baking supplies.

#5860 \$19.99



## FERMENTED FOODS FOR HEALTH

Fermented Food for Health shows how to make fermented foods for additional health benefits by repairing the metabolism. Author Claudia Hirsch includes 75 delicious recipes to ferment everything from meat and dairy. She explains how to use each for specific health benefits such as balancing the body's pH, increasing enzymatic activity, and strengthening immunity.

#6764 \$21.99



## COMFORT FOOD COOKBOOK

Bring tasty, old-fashioned comfort food to every meal with the *Comfort Food Cookbook*. This collection of more than 230 recipes from the long-running country lifestyle magazine *MOTHER EARTH NEWS* cooks from all over the United States have contributed their best recipes to this collection who grew up on the farm, eating waffles after chopping firewood, or picking the peaches that filled that evenings pie. Open up this cookbook and discover how easy it is to make delicious comfort food with a few wholesome ingredients.

#7289 \$24.99



## BEAUTIFUL AND ABUNDANT

Former Mother Earth News publisher Bryan Welch outlines his positive views on where we are as a society and what we can do to develop a more sustainable future. As a writer, farmer and media executive, he empowers people to live the good life. His work demonstrates that it's possible to do well in business without destroying natural or human resources.

#4802 \$25.95



## ROSEMARY GLADSTAR'S MEDICINAL HERBS: A BEGINNER'S GUIDE

Rosemary Gladstar profiles 35 of the most common and versatile healing plants and then shows you exactly how to grow, harvest, prepare, and use them. Stock your home medicine chest with safe, all-natural, low-cost herbal preparations, and enjoy better health!

#5948 \$14.95



## COMPACT CABINS

This book presents 62 designs for cabins ranging from 100 to 1,000 square feet, all of them appealing, affordable, comfortable and energy-efficient. For every design, you'll find inspirational floor plans and detailed, innovative suggestions on how to take advantage of every square inch. The plans are flexible, featuring modular elements that can be mixed and matched to suit your needs.

#4436 \$19.95



## COUNTRY WISDOM & KNOW-HOW

This 476-page book is a compendium of treasured knowledge from hundreds of small booklets published as "Country Wisdom Bulletins" in the 1970s. Whether you want to build a stone fence, make strawberry-rhubarb jam or plant an herb garden, this book will show you how.

#2793 \$19.95

## THE ULTIMATE DEHYDRATOR COOKBOOK

This book contains everything you need to know to get the greatest value from a home dehydrator. It includes tips on selecting a dehydrator, how to dehydrate berries, fruits, vegetables, greens, herbs and edible flowers, plus your own teas, herb blends and rubs.

It also includes 400 recipes for cooking from your

## YOUR CHEESE

It's dream come true: it's never been easier to make not only the basics like cheddar and mozzarella, but! In fact, the results seem like magic. The instructions are specifically designed for foolproof, Claudia Hirsch shows you how to make cheeses at home, in an hour or less.



## MEALS IN A JAR

*Meals in a Jar* provides the step-by-step, detailed instructions needed to create all-natural breakfast, lunch and dinner options that you can keep on a shelf and enjoy at any time. These scrumptious recipes allow even the most inexperienced chefs to serve gourmet dishes. Perfect for the modern jarring and canning generations, this book proves that just because food is easy-to-store and long-lasting doesn't mean it can't be delicious and nutritious.

#6657 \$15.95



## HOMEMADE FOR SALE

*Homemade for Sale* is the first authoritative guide to conceiving and launching your own home-based food startup. Packed with profiles of successful cottage food entrepreneurs, this comprehensive and accessible resource covers everything you need to get cooking for your customers, creating the items that by their very nature are specialized and unique.

#7537 \$22.95



## MULTI-PURPOSE GREENHOUSE PLANS

Need a place to grow plants or extra room for those garden tools? This 13-foot-by-13-foot free-standing structure is the perfect solution for your gardening and storage needs. It can be used as a greenhouse, bio-shell or storage shed. The plan includes instructions for framing, wiring, plumbing and more.

#7621 \$10.00



## HEIRLOOM VEGETABLE GARDENING E-BOOK

First published in 1997, *Heirloom Vegetable Gardening* has been out of print, and MOTHER EARTH NEWS is proud to present the original text, together with 100 color new e-book edition on DVD. (It can be viewed on iPhone, Kindle, PC, Mac, iPad and more!) Food Wagon Ways Weaver profiles 280 heirloom varieties, growing advice and authoritative history. The movement is traced throughout, and Weaver lists and plant stock sources.

#7621 \$19.99



## VERTICAL VEGETABLES & FRUIT

For anyone who wants to grow food in small spaces, this book has the solution: *Grow Up!* Master gardener Rhonda Massingham Hart shows you how to construct the site, prepare the soil, and care for vegetables and fruit to produce big yields in small spaces. From beans on a teepee to tomatoes on a wire trellis, cucumbers on a trellis, and kiwis on a clothesline, *Vertical Vegetables & Fruit* has something to fit every gardener's needs.

#16.95

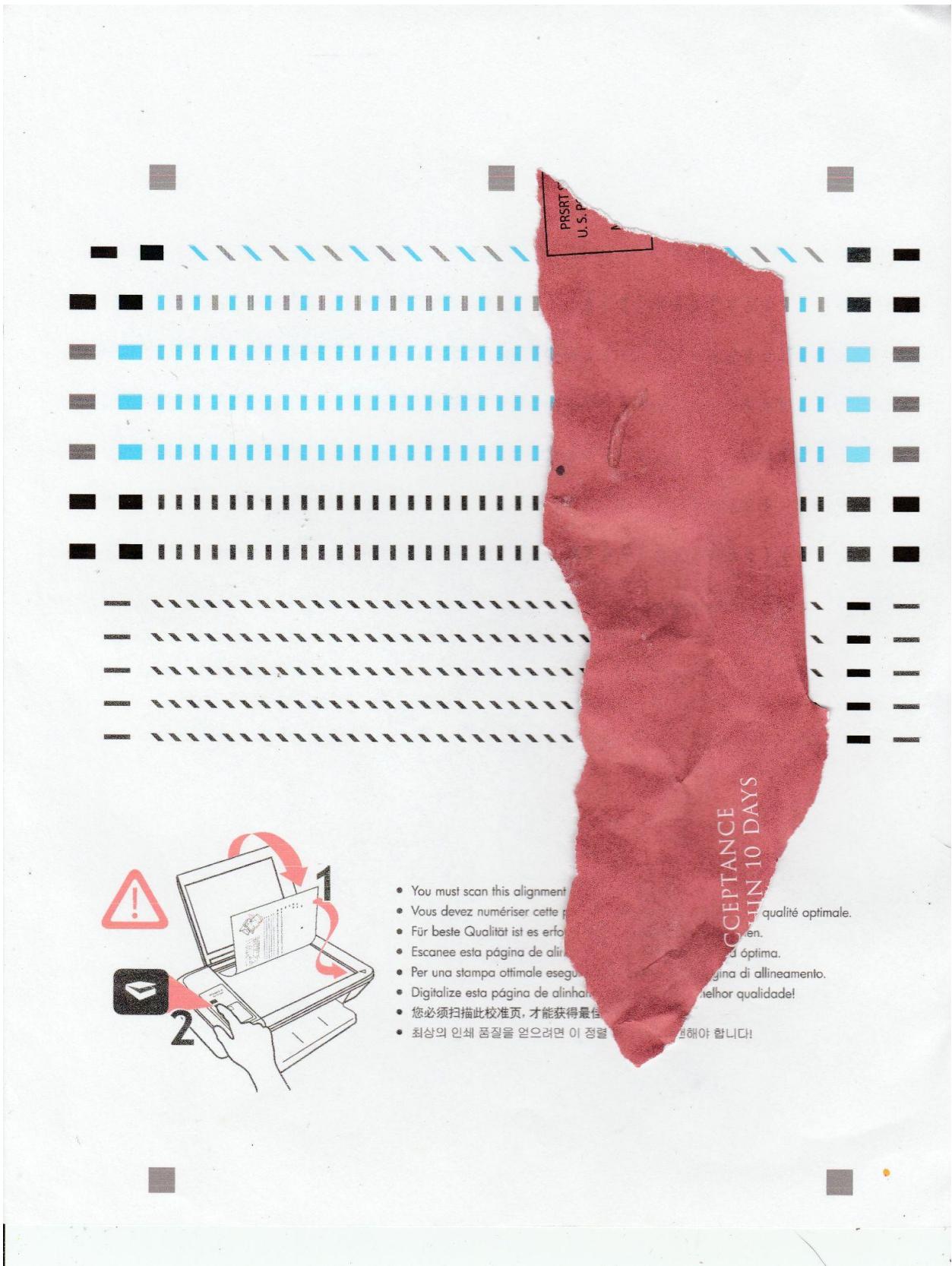


## REAL GOODS SOLAR LIVING SOURCEBOOK

This 14th edition of the sourcebook is the ultimate guide to renewable energy, sustainable living, natural and green building, off-grid living and alternative transportation, written by experts with decades of experience and a passion for sharing their knowledge. Whether you're a layperson or a professional, novice or longtime aficionado, the *Sourcebook* puts the latest research and information at your fingertips ... everything you need to know to make sustainable living a reality.

#7458 \$39.95

Order today! Call toll-free 800-234-3368 or visit [MotherEarthNews.com/Shopping](http://MotherEarthNews.com/Shopping). Mention promotion code MMECWFA1 when ordering.







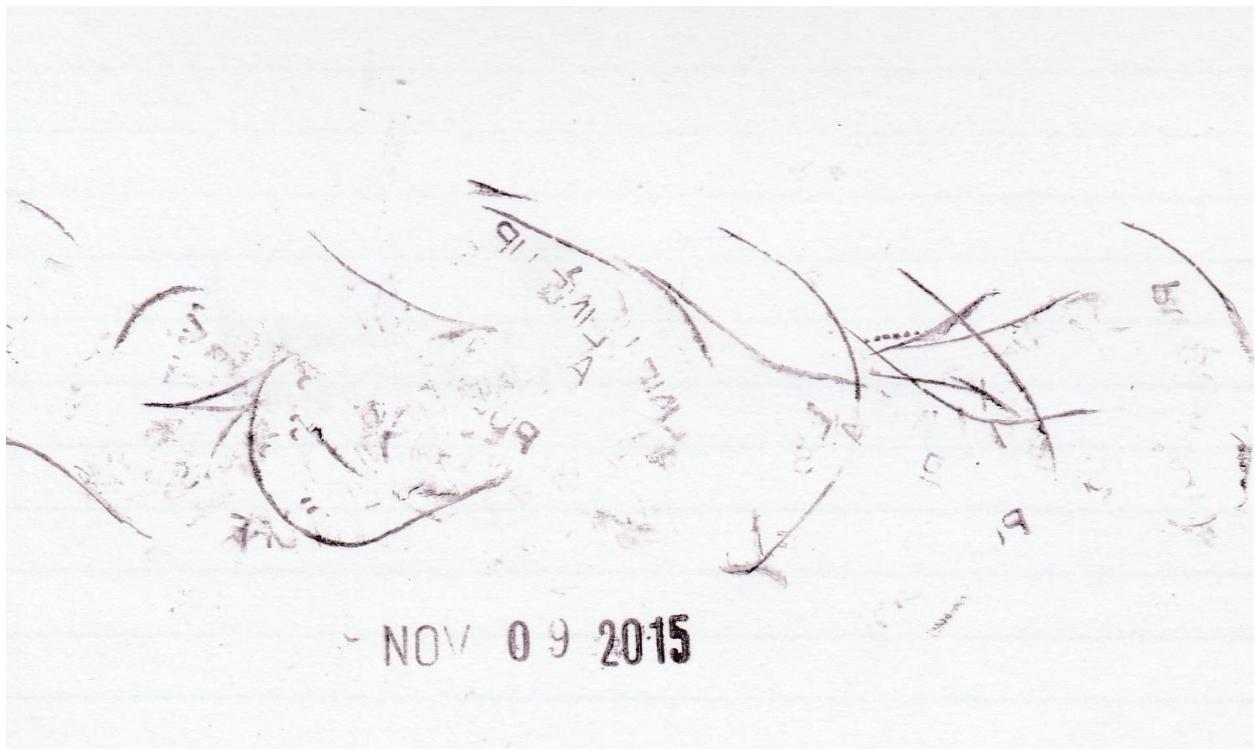


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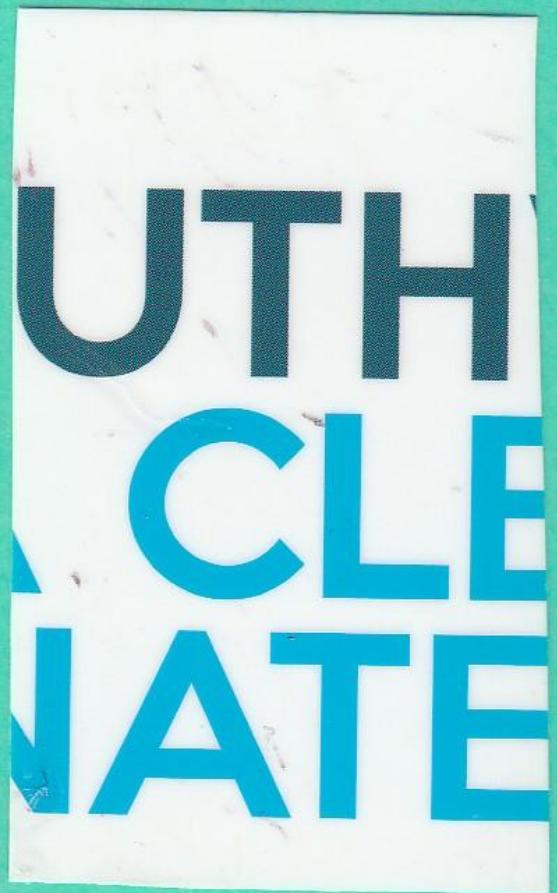
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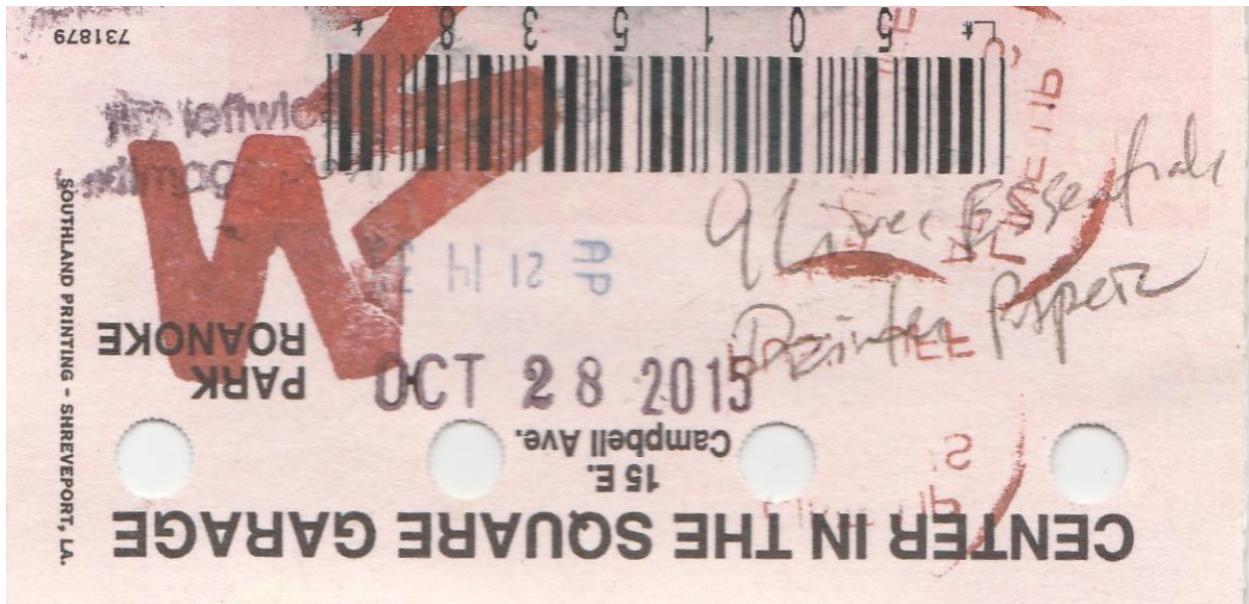
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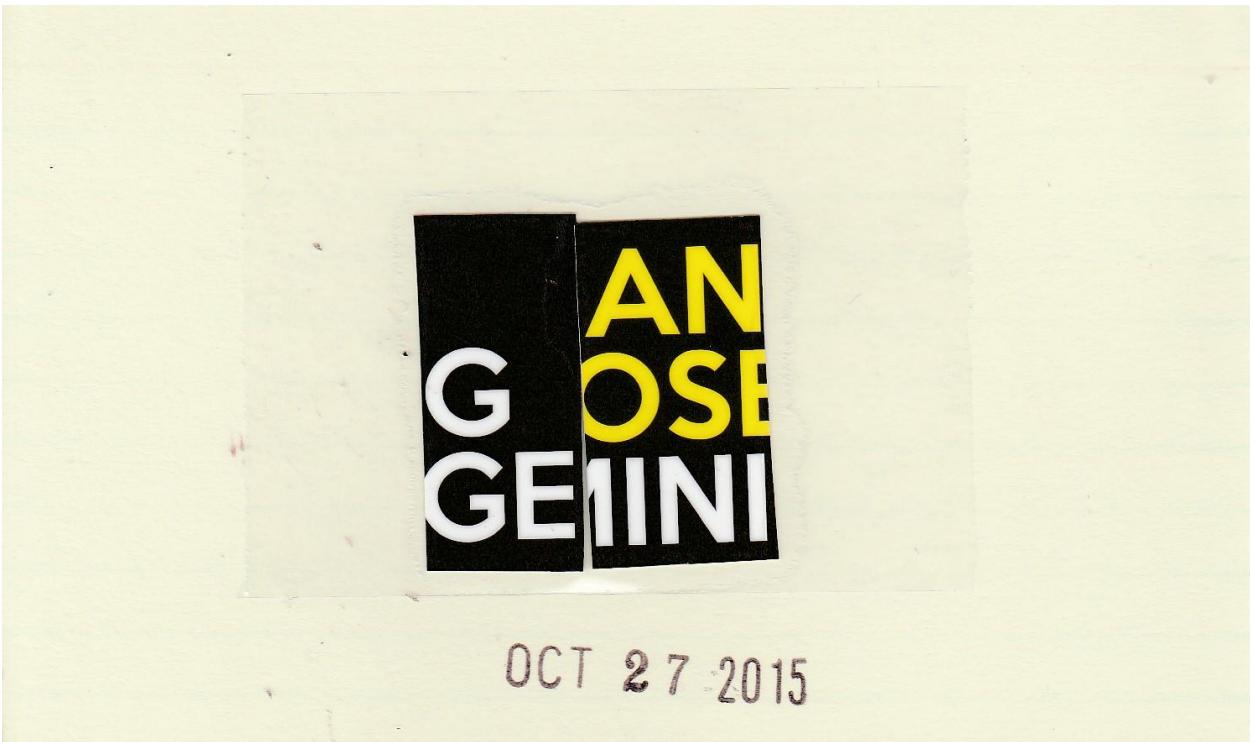
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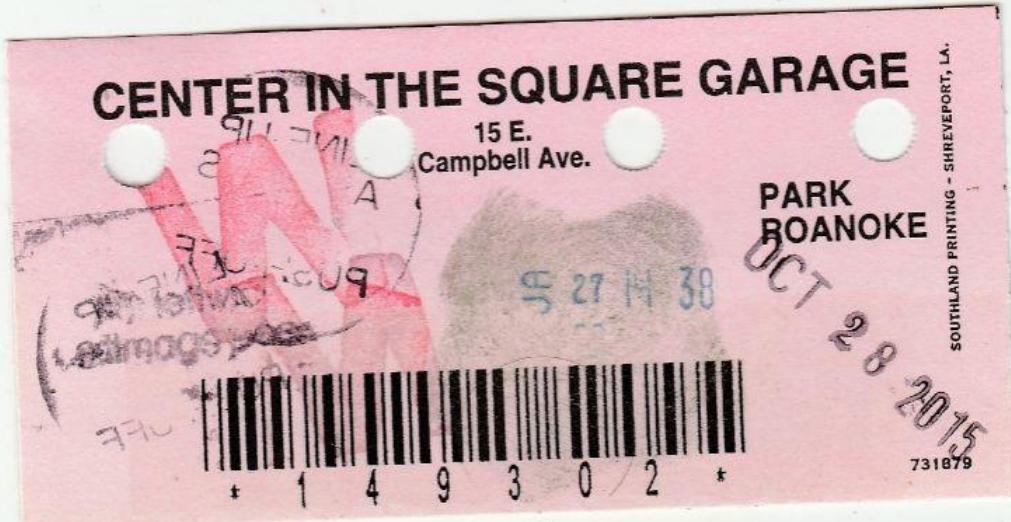
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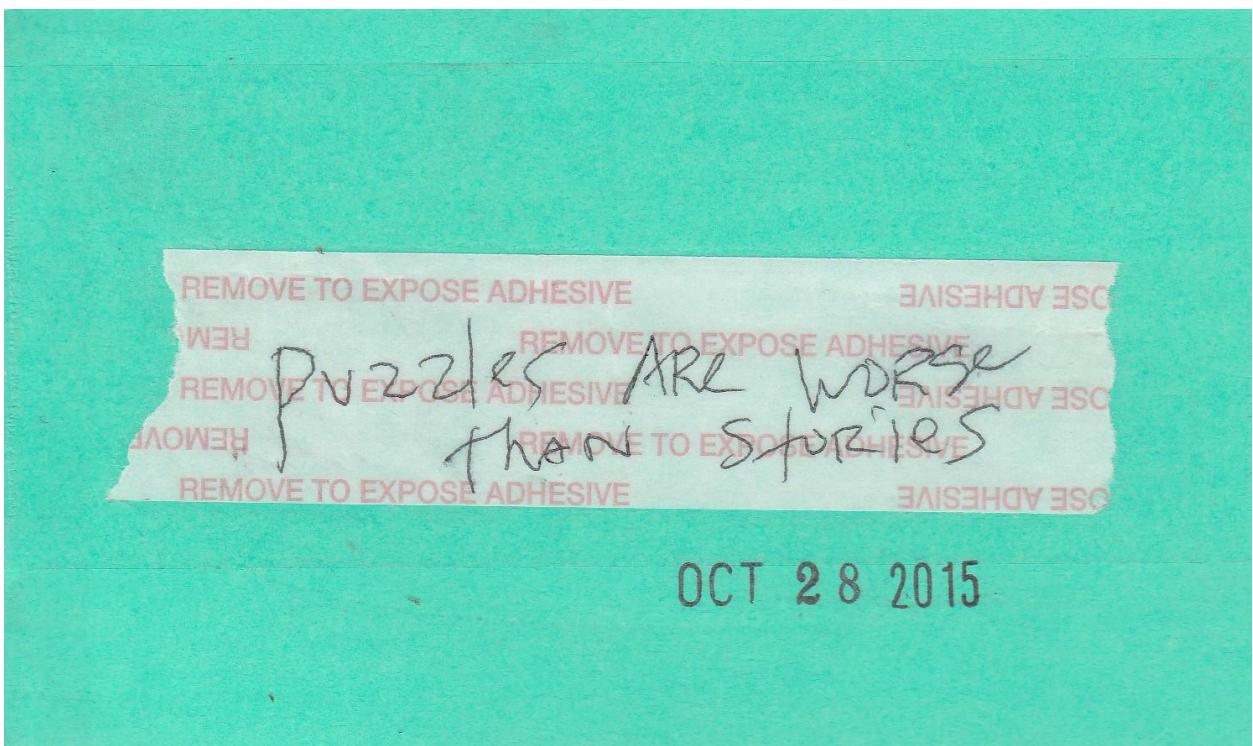
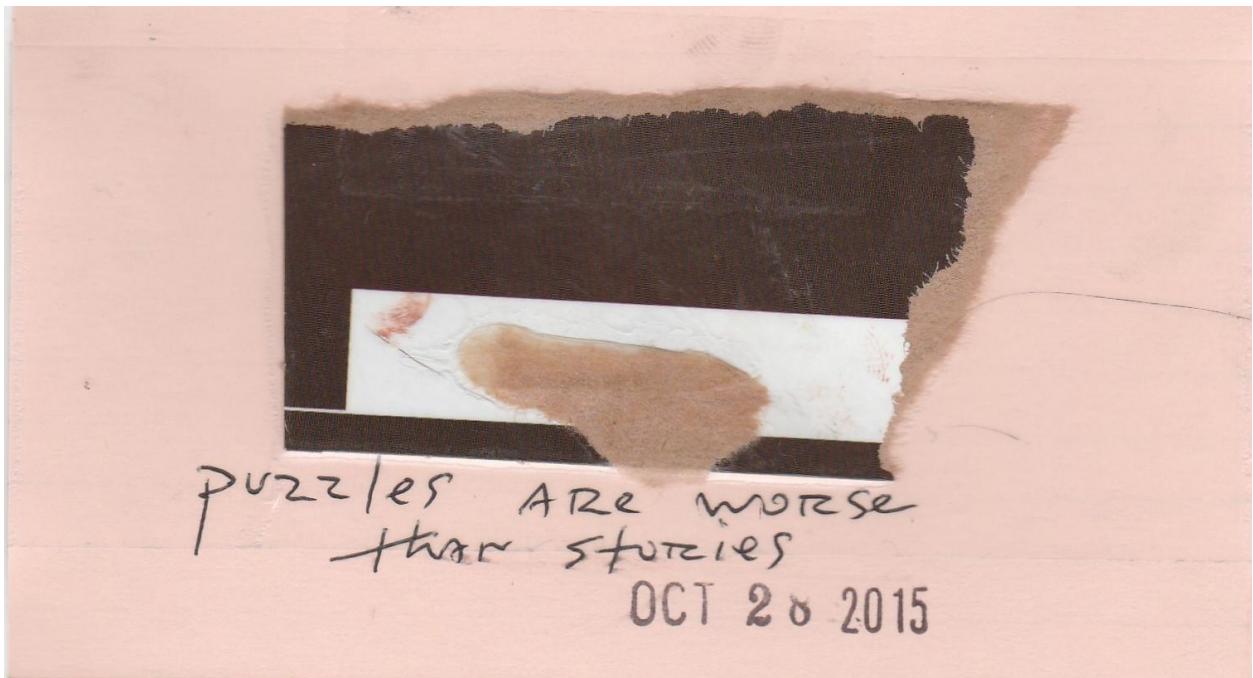
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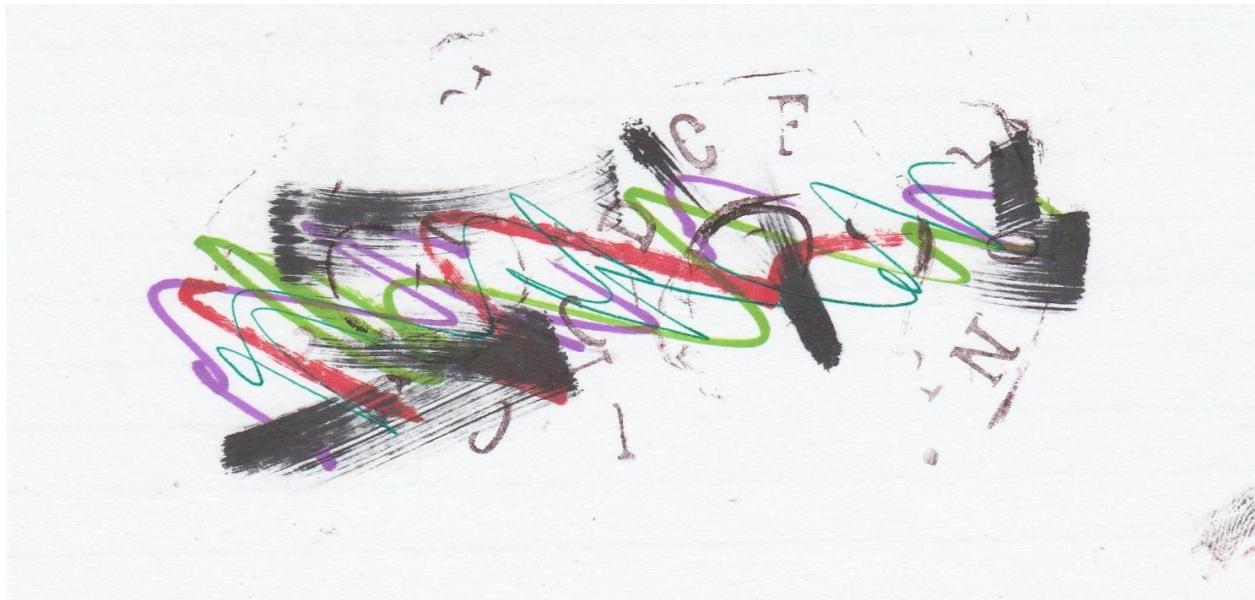
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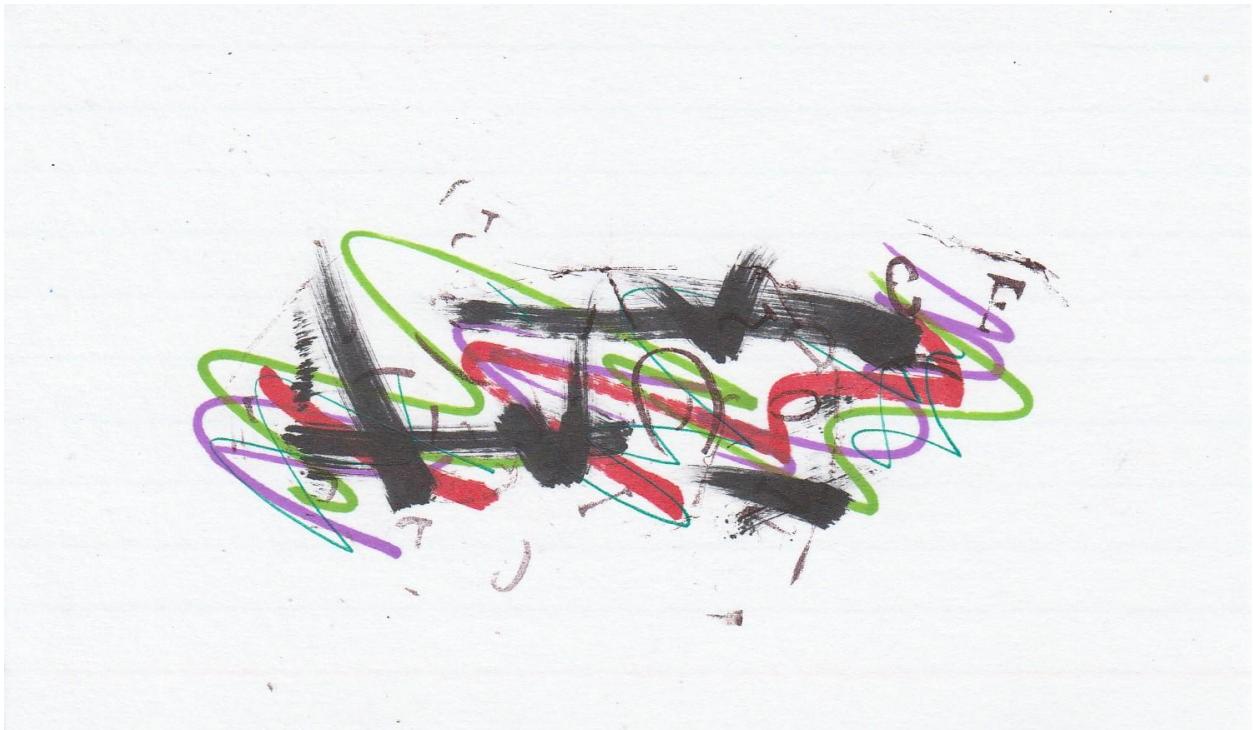
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